

## **ABSTRACT**

An exercise device with a true pivot point includes a first and a second arm joined at a joint assembly. The first arm is fixed in relation to the joint assembly and is also stabilized at an end opposite the joint assembly. The  
5 second arm rotates in a first, or in a second direction, about an axis of rotation which is defined by the joint assembly. A resistance mechanism is contained in the joint assembly which includes a one-way clutch interconnected to the second arm to allow the second arm to rotate freely in a second direction. Rotation by the second arm in a first direction, however, engages the  
10 resistance mechanism to create a resistance to the first rotation.

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